



P.E. Curriculum Map

Term	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Real Dance Unit 1 –Personal Skills with focus on coordination for shapes and circles.</p> <p>Netball -Coach from Multi Sports</p>	<p>Real Dance Unit 1 – Personal Skills with a focus on partnering with shapes and circles.</p> <p>Netball -Coach from Multi Sport)</p>	<p>Real Dance Unit 1 – Personal Skills with a focus on partnering with shapes and circles.</p> <p>Netball (Coach from Multi Sports)</p> <p>Swimming 5.1. for 6 weeks</p>	<p>Real Dance Unit 1 – Creative Skills with a focus on partnering with shapes and circles.</p> <p>Netball (Coach from Multi Sports)</p>
Autumn 2	<p>Real Gym Unit 1 – Cognitive Skills with a physical focus on travel and rotation on the floor.</p> <p>Football (Coach from Multi Sports)</p>	<p>Real Gym Unit 2 - Cognitive Skills with a physical focus on flight and travel.</p> <p>Football (Coach from Multi Sports)</p>	<p>Real Gym Unit 1 – Cognitive Skills with a focus on applying all gym skills on the floor.</p> <p>Football (Coach from Multi Sports)</p> <p>Swimming 5.2 for 6 weeks</p>	<p>Real Gym Unit 2 – Cognitive Skills with a focus on applying all gym skills on the floor, through partner work.</p> <p>Football (Coach from Multi Sports)</p>
Spring 1	<p>Real PE Unit 2 - Social skills with a focus on jumping and landing with a seated balance.</p> <p>Athletics (Coach from Multi Sports)</p>	<p>Real PE Unit 2 - Social skills with a focus on jumping and landing with a seated balance.</p> <p>Athletics (Coach from Multi Sports)</p> <p>Swimming 4.1 for 6 weeks</p>	<p>Real PE Unit 2 – Social skill with a focus on counter balances with a partner and a dynamic balance on a line.</p> <p>Athletics (Coach from Multi Sports)</p>	<p>Real PE Unit 2 – Social skill with a focus on counter balances with a partner and a dynamic balance on a line.</p> <p>Athletics (Coach from Multi Sports)</p>

<p>Spring 2</p>	<p>Real PE Unit 3 – Cognitive skill with a focus on ball skills and balancing on a line.</p> <p>Tennis and Basketball (Coach from Multi Sports)</p>	<p>Real PE Unit 3 – Cognitive skill with a focus on balls skills and balancing on a line.</p> <p>Tennis and Basketball (Coach from Multi Sports)</p> <p>Swimming 4.2 for 6 weeks</p>	<p>Real PE Unit 3 – Cognitive skill with a focus on footwork and a stance balance.</p> <p>Tennis and Basketball (Coach from Multi Sports)</p>	<p>Real PE Unit 3 – Cognitive skill with a focus on footwork and a stance balance.</p> <p>Tennis and Basketball (Coach from Multi Sports)</p>
<p>Summer 1</p>	<p>Real PE Unit 4 – Creative skill with a focus on sending and receiving and creating a counter balance with a partner.</p> <p>Kwik-Cricket (Coach from Multi Sports)</p> <p>Swimming 3.1 for 6 weeks</p>	<p>Real PE Unit 4 – Creative skill with a focus on sending and receiving and creating a counter balance with a partner.</p> <p>Kwik-Cricket (Coach from Multi Sports)</p>	<p>Real PE Unit 4 – Creative skill with a focus on floor work and a seated balance</p> <p>Kwik-Cricket (Coach from Multi Sports)</p>	<p>Real PE Unit 4 – Creative skill with a focus on floor work and a seated balance</p> <p>Kwik-Cricket (Coach from Multi Sports)</p>
<p>Summer 2</p>	<p>Real PE Unit 5/6 – Physical and Health & Fitness skills with a focus on reaction/response time and ball chasing.</p> <p>Rounders and Hockey (Coach from Multi Sports)</p> <p>Swimming 3.3 for 6 weeks</p>	<p>Real PE Unit 5/6 – Physical and Health & Fitness skills with a focus on reaction/response time and ball chasing.</p> <p>Rounders and Hockey (Coach from Multi Sports)</p>	<p>Real PE Unit 5/6 - Physical and Health & Fitness skills with a focus on jumping and landing and sending and receiving.</p> <p>Rounders and Tag Rugby (Coach from Multi Sports)</p>	<p>Real PE Unit 5/6 - Physical and Health & Fitness skills with a focus on jumping and landing and sending and receiving.</p> <p>Rounders and Tag Rugby (Coach from Multi Sports)</p>

- Outdoor and Adventurous Activities – Orienteering – Enrichment Day at Lloyd Park - Summer 1 – whole school
- Sports Day at Croydon Arena – Athletics – Enrichment Day –Summer 2 – whole school



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Weeks

Fundamental Movement Skill Focus

Unit	Cog Focus	Learning Journeys	Weeks	Fundamental Movement Skill Focus
Unit 1	Personal	<ul style="list-style-type: none"> I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice ◆ I know where I am with my learning and I have begun to challenge myself ■ I try several times if at first I don't succeed and I ask for help when appropriate ▲ 	1-3	Coordination: Footwork
			4-6	Static Balance: One Leg
Unit 2	Social	<ul style="list-style-type: none"> I cooperate well with others and give helpful feedback. I help organise roles and responsibilities ◆ I show patience and support others, listening well to others about our work. I am happy to show and tell them about my ideas ■ I can help praise and encourage others in their learning ▲ 	7-9	Dynamic Balance to Agility: Jumping and Landing
			10-12	Static Balance: Seated
Unit 3	Cognitive	<ul style="list-style-type: none"> I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon ◆ I can explain what I am doing well and I have begun to identify areas for improvement ■ I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance ▲ 	13-15	Dynamic Balance: On a Line
			16-18	Coordination: Ball Skills
Unit 4	Creative	<ul style="list-style-type: none"> I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging ◆ I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music ■ I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme ▲ 	19-21	Coordination: Sending and Receiving
			22-24	Counter Balance: With a Partner
Unit 5	Applying Physical	<ul style="list-style-type: none"> I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities ◆ I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency ■ I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed ▲ 	25-27	Agility: Reaction/Response
			28-30	Static Balance: Floor Work
Unit 6	Health and Fitness	<ul style="list-style-type: none"> I can describe the basic fitness components and explain how often and how long I should exercise to be healthy ◆ I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down ■ I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely ▲ 	31-33	Agility: Ball Chasing
			34-36	Static Balance: Stance



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Unit	Cog Focus	Learning Journeys	Weeks	Fundamental Movement Skill Focus
Unit 1	Personal	<ul style="list-style-type: none"> I cope well and react positively when things become difficult; I can persevere with a task and I can improve my performance through regular practice ◆ I know where I am with my learning and I have begun to challenge myself ■ I try several times if at first I don't succeed and I ask for help when appropriate ▲ 	1-3	Coordination: Footwork
			4-6	Static Balance: One Leg
Unit 2	Social	<ul style="list-style-type: none"> I cooperate well with others and give helpful feedback; I can guide a small group through a task ◆ I show patience and support others, listening well to others about our work; I am happy to show and tell them about my ideas ■ I can help praise and encourage others in their learning ▲ 	7-9	Dynamic Balance to Agility: Jumping and Landing
			10-12	Static Balance: Seated
Unit 3	Cognitive	<ul style="list-style-type: none"> I can understand ways (criteria) to judge performance; I can use my awareness of space and others to make good decisions ◆ I can explain what I am doing well and I have begun to identify areas for improvement ■ I can begin to order instructions, movements and skills; I can explain why someone is working or performing well ▲ 	13-15	Dynamic Balance: On a Line
			16-18	Coordination: Ball Skills
Unit 4	Creative	<ul style="list-style-type: none"> I can link actions and develop sequences of movements that express my own ideas; I can change tactics, rules or tasks to make activities more fun or challenging ◆ I can make up my own rules and versions of activities; I can recognise similarities and differences in movements and expression ■ I can begin to compare my movements and skills with those of others; I can select and link movements together to fit a theme ▲ 	19-21	Coordination: Sending and Receiving
			22-24	Counter Balance: With a Partner
Unit 5	Applying Physical	<ul style="list-style-type: none"> I can perform a variety of movements and skills with good body tension; I can link actions together so that they flow in running, jumping and throwing activities ◆ I can perform and repeat longer sequences with clear shapes and controlled movement; I can select and apply a range of skills with good control and consistency ■ I can perform a range of skills with some control and consistency; I can perform a sequence of movements with some changes in level, direction or speed ▲ 	25-27	Agility: Reaction/Response
			28-30	Static Balance: Floor Work
Unit 6	Health and Fitness	<ul style="list-style-type: none"> I can describe the basic fitness components; I can record and monitor how hard I am working ◆ I can describe how and why my body changes during and after exercise; I can explain why we need to warm up and cool down ■ I can say how my body feels before, during and after exercise; I use equipment appropriately and move and land safely ▲ 	31-33	Agility: Ball Chasing
			34-36	Static Balance: Stance



Multi-ability Cog Focus & Learning Journeys

◆ Exceeding ■ Expected ▲ Working towards

Weeks

Fundamental Movement Skill Focus

Unit	Cog Focus	Learning Journeys	Weeks	Fundamental Movement Skill Focus
Unit 1	Personal	<ul style="list-style-type: none"> I recognise my strengths and weaknesses and can set myself appropriate targets ◆ I see all new challenges as opportunities to learn and develop ◆ I can cope well and react positively when things become difficult ■ I can persevere with a task and improve my performance through regular practice ■ I know where I am with my learning and I have begun to challenge myself ▲ 	1-6	<p>Coordination: Ball Skills</p> <p>Agility: Reaction/Response</p>
Unit 2	Social	<ul style="list-style-type: none"> I can negotiate and collaborate appropriately ◆ I can give and receive sensitive feedback to improve myself and others ◆ I help organise roles and responsibilities and can guide a small group through a task ■ I cooperate well with others and give helpful feedback ■ I am happy to show and tell others about my ideas ▲ I show patience and support others ▲ 	7-12	<p>Dynamic Balance: On a Line</p> <p>Counter Balance: with a Partner</p>
Unit 3	Cognitive	<ul style="list-style-type: none"> I can develop methods to subvert opponent ◆ I can and suggest patterns of play which will increase chances of success ◆ I can use awareness of space/others to make good decisions ■ I can understand ways (criteria) to judge performance ■ I can understand the simple tactics of attacking and defending ▲ I can explain what I am doing well and I have begun to identify areas for improvement ▲ 	13-18	<p>Static Balance: Stance</p> <p>Coordination: Footwork</p>
Unit 4	Creative	<ul style="list-style-type: none"> I can adapt and adjust my skills, movements or tactics so they are different to others ◆ I can respond imaginatively to different situations ◆ I can change tactics, rules or tasks to make activities more fun or more challenging ■ I can link actions and develop sequences of movements that express my own ideas ■ I can recognise similarities and differences in movements and expression ▲ I can make up my own rules and versions of activities ▲ 	19-24	<p>Static Balance: Seated</p> <p>Static Balance: Floor Work</p>
Unit 5	Applying Physical	<ul style="list-style-type: none"> I can perform a range of skills fluently and accurately ◆ I can use combinations of skills confidently in specific contexts ◆ I can link actions together so that they flow ■ I can perform a variety of movements and skills with good body tension ■ I can select and apply a range of skills with good control and consistency ▲ I can perform and repeat sequences with clear shapes and controlled movement ▲ 	25-30	<p>Dynamic Balance to Agility: Jumping and Landing</p> <p>Static Balance: One Leg</p>
Unit 6	Health and Fitness	<ul style="list-style-type: none"> I can self select and perform appropriate warm-up and cool down activities ◆ I can identify possible dangers when planning an activity ◆ I can record and monitor how hard I am working ■ I can explain how often and how long I should exercise to be healthy ■ I can describe the basic fitness components ■ I can explain why we need to warm-up and cool down ▲ I can describe how and why my body changes during and after exercise ▲ 	31-36	<p>Coordination: Sending and Receiving</p> <p>Agility: Ball Chasing</p>



Unit

Learning Focus (Select Cog)

Weeks

Gym Skill

Theme

1



1-3



Travel



Mapping Pathways (Hand Apparatus)

4-6



Rotation



Rotation Sequences (Partner Work)

2



7-9



Flight



Flight Sequences (Low Apparatus)

10-12



Balance



Climbing Sequences (Low and Large Apparatus)





Unit	Learning Focus (Select Cog)	Weeks	Gym Skill	Theme
1		1-3	<p>Balance</p>	<p>Acrobatic Sequences</p>
		4-6	<p>Rotation</p>	<p>Rotation Sequences (Hand Apparatus)</p>

2		7-9	<p>Flight</p>	<p>Flight Sequences (with Ropes)</p>
		10-12	<p>Travel</p>	<p>Group Sequences (Low and Large Apparatus)</p>





Unit	Learning Focus (Select Cog)	Weeks	Gym Skill	Theme
1		1-3	<p>Hand Apparatus</p>	<p>Rhythmic Sequences</p>
		4-6	<p>Low Apparatus</p>	<p>Bench Sequences</p>

2		7-9	<p>Partner Work</p>	<p>Acrobatic Sequences</p>
		10-12	<p>Large Apparatus</p>	<p>Climbing Sequences</p>



Unit

1

Learning Focus
(Select Cog)



Weeks

1



Shapes Solo

2



Circles Solo

3



Partnering Shapes

4



Partnering Circles

5



Artistry Abstraction

6



Artistry (Making)



Curriculum Map

Year 4



Unit

1

Learning Focus
(Select Cog)



Weeks

Dance Skills

1



Shapes Solo

2



Circles Solo

3



Partnering Shapes

4



Partnering (Lifts)

5



Partnering Circles

6



Artistry (Making)

Happy Happy





Curriculum Map

Year 5/6



Unit

1

Learning Focus
(Select Cog)



Weeks

Dance Skills

1



Shapes Solo

2



Circles Solo

3



Artistry Abstraction

4



Artistry Musicality

5



Partnering (Lifts)

6



Artistry (Making)

